

Staff Updates

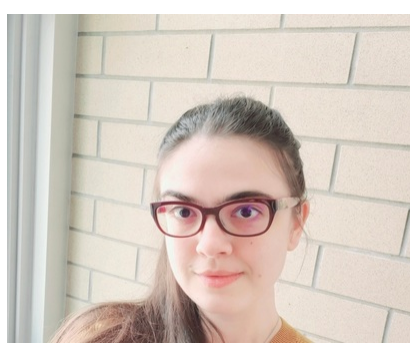
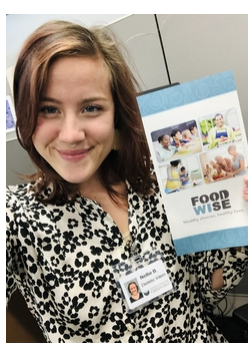
FoodWise is pleased to have two Dietetics interns this fall. Here is a bit about them. Thank you, Nellie and Mariya, for helping FoodWise engage in our community, helping it to make the healthy choice the easy choice.

Nellie

As the end of my time as a Dietetic Intern at FoodWise Brown Co. and Manitowoc Co. approaches, I am reflecting on my experiences and feel so grateful. FoodWise has shown me the real-life workings of my go-to line whenever someone asks what I want to do as a Registered Dietitian – “I want to work in community nutrition; primarily with low-income and marginalized populations, helping to educate and celebrate the positive influence nutrition can have on one’s quality of life.” Through programs such as Brown County’s Afterschool Sessions and Discover Wisconsin Farmers’ Markets, as well as Manitowoc County’s Strong Bodies, Hmong Senior Meals and Rock Your Crock Sessions, I have learned what it means to work with a team of people who are dedicated to community outreach and promoting equity, and the importance of teamwork, creativity, patience, and empathy in community nutrition. Thank you to everyone who welcomed me into your workspace with smiling faces, and especially to my preceptors, Liliana and Laura, and the FoodWise staff members who allowed me to join in on their programs.

Mariya

As a dietetic intern with UWGB I am 3 weeks in with the UW – Madison Division of Extension, my community rotation, and I can say that I like how rich the program is. In the spirit of the upcoming Thanksgiving, I would like to share that I am grateful/thankful to my preceptors Laura and Liliana for providing me with hands-on opportunities to work with low-income populations and familiarize myself in person with the needs, especially nutritional, those people have. I am involved in a couple of programs that my site offers – Harvest of the Month, Hmong Senior Meals Program, Strong Bodies. Just to name a few. I have learned how to get out of my comfort zone, how to adapt on the spot using the resources I have, and I feel my organization skills are improving.



Program Updates

FoodWise and the **Green Bay School District** partnered to offer a fun nutrition program for after-school youth this fall at Keller and Nicolet Elementary Schools. Kindergarteners through 2nd grades learned about healthy eating and physical activity through stories and games. Older students in grades 3rd – 5th engaged in interactive nutrition activities, food prep, active games, and goal-setting challenges.

FoodWise is excited to continue cooking in partnership with **House of Hope** clients. We made a delicious, easy apple bark recipe and discussed engaging ways for children to enjoy healthy foods!

Ask the Vendor Family Event

In Partnership with the **Saturday Farmers Market**, Foodwise participated in the “Ask the Vendor” event, guiding families to do a scavenger hunt; its objective was to help children feel comfortable asking vendors about their produce. Kids learned how the produce was grown and the best practices of it. There was a total of 24 families participating in the event. Thanks to Lamyai, the Saturday Farmers Market manager, for helping with the setup and providing incentives to the participants; they received delicious apples and carrots.



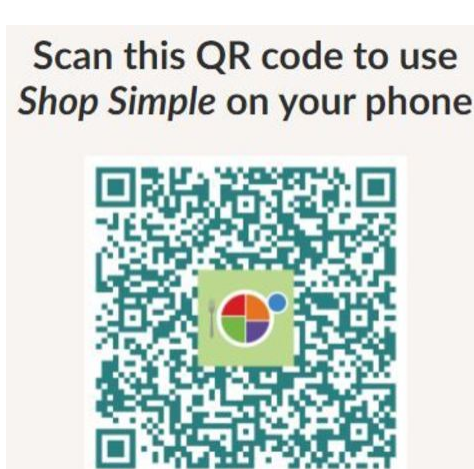
Resources for the community

Shop Simple with MyPlate

Healthy food choices don’t have to cost a lot.

Find savings in your area and discover new ways to prepare budget-friendly foods.

https://www.myplate.gov/app/shopsimple?utm_source=shop-simple&utm_medium=redirect&utm_campaign=desktop-redirect



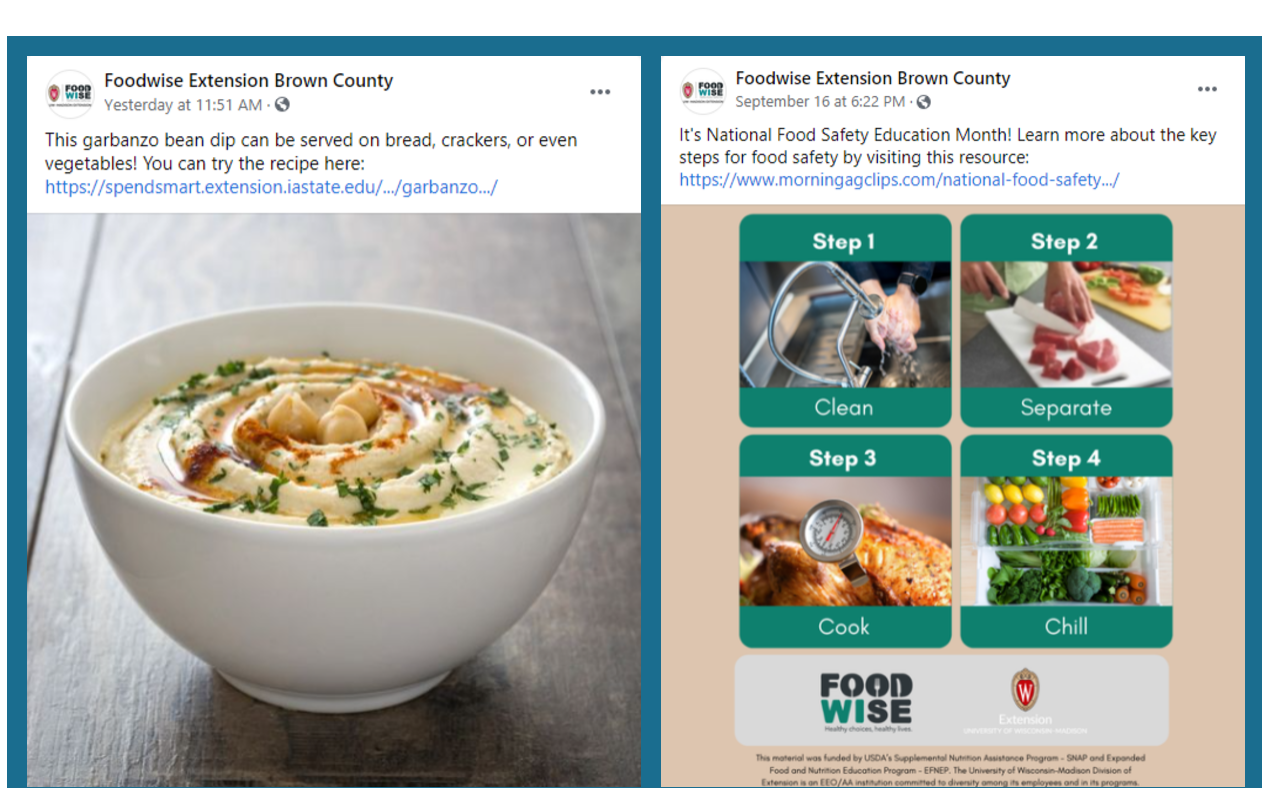
Providers: Manage your EBT, other benefits & debit

Providers is a smartphone application that allows users to check their balances for EBT, WIC, child tax credit, paychecks, tax refunds, savings, and unemployment, along with spending history. The application includes money-saving tools such as a coupon generator and a map feature for locating stores that accept EBT. Providers also update users about changes in benefits, such as an increase to SNAP benefits due to COVID.

<https://www.joinproviders.com/>

New on Facebook

Facebook is where we post daily recipes, activities, nutrition tips, and program information! Follow us and like us to get the latest news and updates. We also appreciate it when you share our content with your digital communities.



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